

Pacific Lime Mold15

Number of Servings: 15 (117.61 g per serving)

Amount	Measure	Ingredient
3 3/4	cup	Water, tap, municipal
1 1/2	cup	Pineapple, crushed, cnd, w/juice, drnd
1 1/2	cup	Cottage Cheese, sml curd
1.00	Tbs	Horseradish
3/4	cup	Dressing, mayonnaise, light
1.00	oz	Gelatin, lime, sugar free, dry mix, svg

Nutrients per serving

Nutrition Facts	
Serving Size (118g)	
Servings Per Container	
Amount Per Serving	
Calories 90	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 240mg	10%
Total Carbohydrate 5g	2%
Dietary Fiber 0g	0%
Sugars 4g	
Protein 4g	
Vitamin A 2%	Vitamin C 4%
Calcium 2%	Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Instructions

-Heat water until boiling add lime sugar-free Jell-O, Mix throughly,
Place additional ingredients in pan mold will set up in (pineapple, cottage cheese, horseradish, mayo) then pour Jell-O mixture over the cottage chees-fruit mixture and stir in,. Place in Refrigerator to cool.
Cut into the # of pieces of the yield of the recipe you have prepared. Serve 1 piece/serving. 1 serving = 1/2 CS

Food Handling :

- Wash hands immediately before engaging in food preparation and again after engaging in any activities that contaminate the hands.
- Single gloves should be used for only one task and then discarded.

Holding :

- Hold for cold service at an internal temperature of 41 F or lower.

Storing :

- Store refrigerated at an internal temperature of 38 - 40